

Fall 2001 Recipes

Side Dishes

Roasted Brussels Sprouts

Brussels sprouts are cruciferous vegetables, a great partner in the fight against cancer.

Serves 4

Provides 1 vegetable serving per person

- 1 1-pound bag small, frozen Brussels sprouts (2 1/2 cups)
- 2 cloves garlic, peeled and crushed
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 3-inch sprigs rosemary or 1/2 teaspoon dried, finely chopped

1. Preheat the oven to 350°F. Combine the oil, garlic, salt, and pepper. Toss with the Brussels sprouts and stir to coat with the mixture.

2. Place in a baking dish in a single layer. Top with rosemary and roast 20 minutes or until tender.

Nutritional Analysis

Per Serving:

50 calories

1 g fat

25% calories from fat

0 g saturated fat

0% calories from saturated fat

8 g carbohydrates

162 mg sodium

3 g dietary fiber